



# March 2015 Activity Calendar

## SENIOR CENTER AT CASCADES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 10:00 Aerobics 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 11:00 Intro to Line Dancing 1:00 Intermediate Line Dancing 1:00 Greeting Card Workshop <b>1:00 High Interm. Spanish II</b> 1:30 Crochet Activity	<b>3</b> 10:00 <b>Rejuvenating Exercise</b> 10:00 Open Painting 10:00 Creative Water Colors 10:00 Conversational Spanish 10:30 CAFÉ Bingo 11:00 Blood Pressure Check 11:00 Beginner's Tai-Chi 1:00 Canasta / Poker 1:00 High Intermediate Line Dancing 1:00 Camera Club 5:00 Teen Tech Tuesday 6:15 Line Dancing with Terry & Vinny	<b>4</b> 9:30 Pickle Ball 9:30 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing 11:00 Ballroom Dancing 11:00 Blood Pressure Check 11:00 One-on-One Support 12:30 Trip to Store 1:00 Party Bridge <b>1:00 Beginner/Interm. Line Dancing</b> <b>1:00 Bunco</b> 1:30 Current Events Discussion	<b>5</b> <b>9:15 Low Interm. Spanish II</b> 10:00 <b>Rejuvenating Exer.</b> <b>10:30 E-COMMENT</b> 10:30 Bingo <b>10:45 Spanish for Beg. II</b> 11:00 Blood Pressure Check <b>11:00 Zumba Gold</b> <b>1:00 German Activity</b> 1:00 Duplicate Bridge 1:00 Poker 1:00 High Intermediate Line Dancing 2:00 Tea Time	<b>6</b> 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene 1:00 Party Bridge 1:00 Intermediate Line Dancing 1:15 Beginner Plus Line Dancing 1:30 Bingo 2:00 Hearing Loss Supp. Group
<b>9</b> 10:00 Aerobics 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 11:00 Intro to Line Dancing 1:00 Intermediate Line Dancing 1:00 Greeting Card Workshop <b>1:00 High Interm. Spanish II</b> 1:30 Crochet Activity	<b>10</b> <b>9:00 INOVA Health Van</b> 10:00 <b>Rejuvenating Exercise</b> <b>10:00 Mind Flow</b> 10:00 Open Painting 10:00 Creative Water Colors 10:00 Conversational Spanish 10:30 CAFÉ Bingo <b>10:30 Ceramics Class</b> 11:00 Beginner's Tai-Chi 1:00 Canasta / Poker 1:00 High Intermediate Line Dancing 1:00 Camera Club 5:00 Teen Tech Tuesday 5:00 Gentle Yoga 5:30 Potluck Bingo 6:00 Zumba Gold 6:00 Man to Man Support grp	<b>11</b> 9:30 Pickle Ball 9:30 O'Heck 10:00 Aerobics <b>10:00 Curio Cabinet</b> <b>10:30 Ceramics Class</b> 10:30 Beginner Line Dancing 11:00 Ballroom Dancing 11:00 Blood Pressure Check 12:30 Trip to Store 1:00 Party Bridge <b>1:00 Beginner/Interm. Line Dancing</b> 1:30 Current Events Discussion	<b>12</b> <b>9:15 Low Interm. Spanish II</b> 10:00 <b>Rejuvenating Exer.</b> <b>10:30 E-COMMENT</b> 10:30 Bingo <b>10:45 Spanish for Beg. II</b> 11:00 Blood Pressure Check <b>11:00 Zumba Gold</b> <b>11:30 Lenscrafters</b> <b>1:00 German Activity</b> <b>1:00 Loudoun Senior Chorus practice</b> 1:00 Duplicate Bridge 1:00 Poker 1:00 High Intermediate Line Dancing 2:00 Tea Time	<b>13</b> 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta <b>10:30 Indian Cultural Group</b> 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene 1:00 Party Bridge 1:00 Intermediate Line Dancing 1:15 Beginner Plus Line Dancing 1:30 Bingo
<b>16</b> 10:00 Aerobics 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 11:00 Intro to Line Dancing 1:00 Intermediate Line Dancing 1:00 Greeting Card Workshop <b>1:00 High Interm. Spanish II</b> 1:30 Crochet Activity	<b>17</b> 10:00 <b>Rejuvenating Exercise</b> 10:00 Open Painting 10:00 Creative Water Colors 10:00 Conversational Spanish 10:30 CAFÉ Bingo 11:00 Beginner's Tai-Chi 11:00 Blood Pressure Check <b>11:00 St. Patty's Luncheon</b> 12:00 Book Club 1:00 Canasta / Poker 1:00 High Intermediate Line Dancing 1:30 Writing Group 5:00 Gentle Yoga 5:00 Teen Tech Tuesday 6:00 Zumba Gold	<b>18</b> 9:30 Pickle Ball 9:30 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing 11:00 One-on-One Support 11:00 Ballroom Dancing 11:00 Blood Pressure Check 12:30 Trip to Store 1:00 Party Bridge <b>1:00 Beginner/Interm. Line Dancing</b> 1:30 Current Events Discussion <b>1:30 Movie Day: "Chef"</b>	<b>19</b> <b>9:15 Low Interm. Spanish II</b> 10:00 <b>Rejuvenating Exer.</b> <b>10:00 Hearing Loss Assistance</b> <b>10:00 Voter Registration "On the spot"</b> <b>10:30 E-COMMENT</b> 10:30 Bingo <b>10:45 Spanish for Beg. II</b> 11:00 Blood Pressure Check <b>11:00 Zumba Gold</b> <b>1:00 German Activity</b> 1:00 Duplicate Bridge 1:00 Poker 1:00 High Intermediate Line Dancing 2:00 Tea Time	<b>20</b> 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene 1:00 Party Bridge 1:00 Intermediate Line Dancing 1:15 Beginner Plus Line Dancing 1:30 Bingo



# March 2015 Activity Calendar

## SENIOR CENTER AT CASCADES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>23</b> 10:00 Aerobics 10:30 Bingo 11:00 Duplicate Bridge 11:00 Intro to Line Dancing 1:00 Intermediate Line Dancing 1:00 Greeting Card Workshop 1:00 <b>High Interm. Spanish II</b> 1:30 Crochet Activity	<b>24</b> 9:00 <b>INOVA Health Van</b> 10:00 <b>Rejuvenating Exercise</b> 10:00 Open Painting 10:00 Creative Water Colors 10:00 Conversational Spanish 10:30 CAFÉ Bingo 11:00 Beginner's Tai-Chi 11:00 Blood Pressure Check 12:25 <b>Transportation Clinic</b> 1:00 Canasta / Poker 1:00 High Intermediate Line Dancing 5:00 Teen Tech Tuesday 5:00 <b>Gentle Yoga</b> 6:00 <b>Zumba Gold</b>	<b>25</b> 9:00 <b>Belgian Waffle Breakfast</b> 9:30 Pickle Ball 9:30 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing 11:00 Ballroom Dancing 11:00 Blood Pressure Check 1:00 <b>JEOPARDY</b> 12:30 Trip to Store 1:00 Party Bridge 1:00 <b>Beginner/Interm. Line Dancing</b> 1:30 Current Events Discussion 1:30 <b>FSCC Meeting</b>	<b>26</b> 9:15 <b>Low Interm. Spanish II</b> 10:00 <b>Rejuvenating Exer.</b> 10:00 <b>Advisory Board Mtg.</b> 10:30 <b>E-COMMENT</b> 10:30 Bingo 10:45 <b>Spanish for Beg. II</b> 11:00 Blood Pressure Check 11:00 <b>Zumba Gold</b> 1:00 <b>German Activity</b> 1:00 Duplicate Bridge 1:00 Poker 1:00 High Intermediate Line Dancing 2:00 Tea Time	<b>27</b> 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 11:00 Blood Pressure Check 11:00 Tai Chi w/ Mabel & Marlene 12:00 <b>Birthday Luncheon</b> 1:00 Party Bridge 1:00 Intermediate Line Dancing 1:15 Beginner Plus Line Dancing 1:30 Bingo
<b>30</b> 10:00 Aerobics 10:30 Bingo 11:00 Duplicate Bridge 11:00 Intro to Line Dancing 1:00 Intermediate Line Dancing 1:00 Greeting Card Workshop 1:00 <b>High Interm. Spanish II</b> 1:30 Crochet Activity	<b>31</b> 10:00 <b>Rejuvenating Exercise</b> 10:00 Open Painting 10:00 Creative Water Colors 10:00 Conversational Spanish 10:30 CAFÉ Bingo 11:00 Beginner's Tai-Chi 11:00 Blood Pressure Check 1:00 Canasta / Poker 1:00 High Intermediate Line Dancing 5:00 Teen Tech Tuesday 5:00 <b>Classic Movie Night: "The Grand Budapest Hotel"</b> 5:00 <b>Gentle Yoga</b> 6:00 <b>Zumba Gold</b>	<div> </div> <div> <b><u>SPECIAL EVENTS THIS MONTH:</u></b>            3/17 - St. Patrick's Day Luncheon            3/25 - Belgian Waffle Breakfast   <b><u>REMINDERS:</u></b>            ♦ 3/10 : Tuesday Evening Zumba            ♦ 3/8 : Turn your clocks forward!            ♦ 4/1 : Healthy Aging - Chronic Disease Management         </div>		



*The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you need accommodations in order to participate in PRCS activities, please contact the program/location manager (or PRCS administrative office at 703-777-0343) two weeks prior to the*

**\*Activities at the Senior Center are subject to change.**

**\*Please call ahead to confirm an activity or event that you would like to attend.**